	Home	vs	Away		Home	VS	Away
	Whitchurch	vs	Saints 3rds		Saints 3rds	VS	Whitchurch
	Cwmtawe	VS	Penarth 3rds		Penarth 3rds	vs	Cwmtawe
02-Oct	Llan & Llan	VS	Risca	29-Jan	Risca	VS	Llan & Llan
2010	UC Swansea	VS	Sue Noake	2011	Sue Noake	VS	UC Swansea
	Cardiff	VS	Swansea Bay		Swansea Bay	VS	Cardiff
	Home	vs	Away		Home	vs	Away
	Saints 3rds	VS	Penarth 3rds		Penarth 3rds	VS	Saints 3rds
	Risca	vs	UC Swansea		UC Swansea	VS	Risca
09-Oct	Whitchurch	vs	Llan & Llan	05-Feb	Llan & Llan	VS	Whitchurch
2010	Swansea Bay	vs	Cwmtawe	2011	Cwmtawe	VS	Swansea Bay
	Sue Noake	vs	Cardiff		Cardiff	VS	Sue Noake
	Home	vs	Away		Home	vs	Away
	Llan & Llan	vs	Saints 3rds		Saints 3rds	VS	Llan & Llan
	Cwmtawe	vs	Whitchurch		Whitchurch	vs	Cwmtawe
16-Oct	Sue Noake	vs	Risca	12-Feb	Risca	vs	Sue Noake
2010	Penarth 3rds	vs	Swansea Bay	2011	Swansea Bay	VS	Penarth 3rds
	Cardiff	vs	UC Swansea		UC Swansea	VS	Cardiff
	Home	VS	Away		Home	vs	Away
	Saints 3rds	vs	Cwmtawe		Cwmtawe	٧S	Saints 3rds
	Swansea Bay	vs	UC Swansea		UC Swansea	vs	Swansea Bay
23-Oct	Llan & Llan	VS	Sue Noake	19-Feb	Sue Noake	vs	Llan & Llan
2010	Risca	vs	Whitchurch	2011	Whitchurch	vs	Risca
	Penarth 3rds	VS	Cardiff		Cardiff	VS	Penarth 3rds
	Home	VS	Away		Home	vs	Away
	Saints 3rds	vs	Swansea Bay		Swansea Bay	٧S	Saints 3rds
	Whitchurch	VS	Penarth 3rds		Penarth 3rds	vs	Whitchurch
06-Nov	Cwmtawe	VS	Sue Noake	05-Mar	Sue Noake	VS	Cwmtawe
2010	UC Swansea	VS	Llan & Llan	2011	Llan & Llan	VS	UC Swansea
	Cardiff	VS	Risca		Risca	VS	Cardiff
	Home	VS	Away		Home	vs	Away
	Sue Noake	VS	Saints 3rds		Saints 3rds	VS	Sue Noake
	Risca	VS	Cwmtawe		Cwmtawe	VS	Risca
13-Nov	UC Swansea	VS	Penarth 3rds	12-Mar	Penarth 3rds	VS	UC Swansea
2010	Swansea Bay	VS	Whitchurch	2011	Whitchurch	VS	Swansea Bay
	Cardiff	VS	Llan & Llan		Llan & Llan	VS	Cardiff
	Home	VS	Away		Home	VS	Away
	Penarth 3rds	VS	Risca		Risca	VS	Penarth 3rds
	Cwmtawe	VS	UC Swansea		UC Swansea	VS	Cwmtawe
20-Nov	Whitchurch	VS	Sue Noake	19-Mar	Sue Noake	VS	Whitchurch
2010	Llan & Llan	VS	Swansea Bay	2011	Swansea Bay	VS	Llan & Llan
	Saints 3rds	VS	Cardiff		Cardiff	VS	Saints 3rds
	Home	VS	Away		Home	VS	Away
	Saints 3rds	VS	UC Swansea		UC Swansea	VS	Saints 3rds
	Penarth 3rds	VS	Sue Noake		Sue Noake	VS	Penarth 3rds
27-Nov	Cwmtawe	VS	Llan & Llan	26-Mar	Llan & Llan	VS	Cwmtawe
2010	Swansea Bay	VS	Risca	2011	Risca	VS	Swansea Bay
	Cardiff	VS	Whitchurch		Whitchurch	VS	Cardiff
	Home	VS	Away		Home	VS	Away
	Risca	VS	Saints 3rds		Saints 3rds	VS	Risca
00 1	Llan & Llan	VS	Penarth 3rds	00.4	Penarth 3rds	VS	Llan & Llan
22-Jan	Sue Noake	VS	Swansea Bay	02-Apr	Swansea Bay	VS	Sue Noake
2011	UC Swansea	VS	Whitchurch	2011	Whitchurch	VS	UC Swansea
	Cwmtawe	VS	Cardiff		Cardiff	VS	Cwmtawe